

Concepts used for setting nutrition standards

1. Percent of Calories:

- From Fat

Example: $\leq 35\%$ fat calories

1 gram fat + 9 Calories

Graham Crackers have 3 grams of fat/ 120 calorie serving (2 rectangles)

$$3 \times 9 \text{ cal} = 27 \text{ cal}$$

$$27/120 = 22.5\% \text{ of Calories from fat}$$

- From Sugar

Example: $< 10\%$ of calories from sugar

1 gram sugar (carbohydrate) = 4 calories

Graham Crackers have 6 grams of sugar/120 calorie serving

$$6 \times 4 \text{ cal} = 24 \text{ cal}$$

$$24/120 = 20\%$$

measures

- 1 tsp = 5 grams (fat or sugar)
- 3 tsp = 1 Tbsp = 15 grams (fat or sugar)

5 grams fat = 45 calories.

5 grams sugar = 20 calories.

Recommended amounts/limits per day

Fat: 25 – 35% of total calories burned

Saturated fat: 10% of total calories burned

Added Sugar: 10 % of total cal.

- **WHAT IS YOUR UPPER LIMIT ON FAT FOR THE CALORIES YOU CONSUME?**

Total Calories per Day	Saturated Fat in Gms	Total Fat in Gms
1,600	18 or less	53
2,000*	20 or less	65
2,200	24 or less	73
2,500*	25 or less	80
2,800	31 or less	93*

Percent Daily Values on Nutrition Facts Labels are based on a 2,000 calorie diet. Values for 2,000 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts Label.

Percent Daily Values

- Percent daily values are based on a 2000 calorie diet.

	<u>calories</u>	<u>2000</u>	<u>2500</u>
Total fat	less than	65 g	80 g
Sat fat	less than	20 g	25 g
Cholesterol	less than	300 mg	300 mg
Sodium	less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Concepts used for setting nutrition standards

2. Percent of Fat, or Sugar, by weight:

- < 35 % Sugar by weight:
Graham crackers have 6.44 g sugar per 28 grams (1oz)
 $6.44 / 28 = 23 \%$ Sugar
- 2% fat in Milk
4.5 grams Fat in 250 grams (8 oz/ 1 cup) Milk

3. Actual Grams of sugar, or fat

7.5 grams fat per portion (1.5 oz) of Chips

4. Portions: usually expressed per ounce

5. Nutrient Content:

Foods of Minimal Nutritional Value: USDA definition (see next slide)

Definitions

- USDA defines:
- **Competitive foods**
- Any foods sold to children in foodservice areas during meal periods in competition with the federal meals program.
- **Foods of minimal nutritional value** (federal regulations prohibit the sale of these foods)
- In the case of artificially sweetened foods, foods of minimal nutritional value are defined as those providing less than 5% of the Reference Daily Intake (RDI) for each of 8 specified nutrients
- In the case of other foods, foods of minimal nutritional value are defined as those providing less than 5% of the RDI for each of the 8 specified nutrients per 100 kcal and per serving

Arizona

Voluntary nutrition proposal

- . Food and drinks that have sugar, artificial sweetener, corn syrup or lard as a first ingredient may not be sold in elementary and middle schools.
- . Food sold for fund-raising must comply with nutritional standards established by U.S. Department of Agriculture.
- . Foods of "minimal nutritional value" should not be sold on school grounds or at school-sponsored events. These include soda, gum, hard candies, marshmallow candies, licorice and candy coated popcorn.
- . Schools are strongly encouraged to have recess before lunch rather than after.
- . School food-service program would manage all food sales on school grounds.
- . Food should not be offered as a reward.
- . Each district should have a food service director who is properly certified according to the American School Food Service Association.

Los Angeles

- Resolved, that the Los Angeles City Board of Education:
- Effective July 1, 2004, the only food authorized for sale at the Los Angeles Unified School District outside the Federal School Meal Program (including but not limited to the Student Store, Vending Machines, a la carte sales, and fundraising) before, during, and until one half hour after the end of the school day at all sites accessible to students shall meet the following nutrient standards:
 - No more than 35% of total calories from fat (not including nuts, seeds);
 - No more than 10% of total calories from saturated fat, including trans fat;
 - No more than 35% added sugar by weight (not including fruits and vegetables when used as additives);
 - No more than 600 mg of sodium per serving;

Los Angeles

- Adopts the following serving portion sizes for all foods not included within the Federal School Meal Program, effective July 1, 2004:
 - Snacks and Sweets (Including, but not limited to chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit, jerky): 1.5 oz
 - Cookies/cereal bars: 2 oz
 - Bakery Items (e.g. pastries, muffins): 3 oz
 - Frozen desserts, ice cream: 3 oz
 - Other entree items and side dishes (including, but not limited to, French fries and onion rings) shall be no larger than the portions of those foods served as part of the Federal School Meal Program.

Los Angeles

- Directs the Superintendent to appoint a representative from the Division of Food Services to participate in the Los Angeles School Lunch Nutritional Review Panel;
- Directs the Superintendent to provide at least one vegetarian option that includes a vegetable or fruit component in addition to the salad bar as one of the 11 options served daily in the cafeteria;
- Directs the Superintendent to increase the variety, visibility, and accessibility of fresh fruit and vegetables at school sites through facility design, the creation of an annual site plan, and programs such as the Farm-to-Cafeteria Projects, and report such plan to the Board of Education;
- Directs the Superintendent to identify steps to increase the number of middle and secondary students selecting a full, complete meal each day with all offered meal components, including fresh fruits and vegetables;

Los Angeles

- Directs the Superintendent to undertake a pilot program offering a la carte soy milk options at 5 schools;
- Directs the Superintendent to develop a strategic plan for implementation of a point of sales computerized payment system at all schools within 6 years and to address relevant connectivity issues where necessary within the next 5 years;
- Directs the Superintendent to provide a vegetable and fruit bar, where facilities permit, at all High Schools within 2 years, at all Middle Schools within 4 years, and at all Elementary Schools within 6 years;
- Directs the Superintendent to offer the second chance breakfast at all elementary, middle and high schools within 2 years;

Los Angeles

- Directs the Superintendent to improve and broaden nutrition education within middle school and high school health education programs, including staff development and the development of formal curriculum linked to school site cafeterias;
- Sets as policy the concept that cafeterias should be places of learning and therefore should provide informational posters and nutrition and nutrient information about all items served in cafeterias, and directs the Superintendent to coordinate the efforts of the Food Services Division with nutritional education curriculum;
- Directs the Superintendent to encourage all Charter School applicants to adhere to these nutrition guidelines as well as those previously adopted in the Healthy Beverage Resolution;
- Directs the Superintendent to develop a Food Service outreach plan to facilitate regular community input and participation in the District Food Service Program;

Los Angeles

- **Directs the Superintendent to create an enforcement mechanism for vending and student body sales in consultation with Local District Superintendents, the COO, and the Inspector General;**
- Directs the Superintendent to research the viability of using USDA organic and California-grown products in the LAUSD food service program and report to the Board of Education within 180 days;
- **Directs the Superintendent to develop guidelines to eliminate within 3 years District contracts and relationships with branded fast-food products (defined as companies primarily marketing high-fat, high calorie and high-sugar foods);**
- Directs the Superintendent to provide information on alternative fundraising methods to schools to mitigate potential impacts of new nutrition regulations;
- Directs the Superintendent to fund a central Physical Education Advisor position within the Instructional Support Services Division and to develop instructional guides for Physical Education.
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Arkansas

Maximum Portions

Competitive food/bev.	Maximum Portion Size
Chips (regular)	1.25 oz
Chips (baked, or < 7.5 gr fat/oz), crackers, cereal, popcorn , trail mix, nuts seeds, dried fruit, jerky, pretzel	1.5 oz
Cookies	1.5 oz
Cereal bars	2.5 oz
Bakery Items (Pastries, muffins, doughnuts)	3 oz

Arkansas

Maximum Portions

Frozen Desserts (< 10 gr fat)	4 oz
Yogurt	8 oz
Whole Milk, Flavored or unflavored	8 oz
Low Fat Milk (2% fat, or less), flavored or unflavored	16 oz
Fruit juices or blends of 100% juice	12 oz

Arkansas
Maximum Portions

Sweetened, noncarbonated beverages (<15 grams sugar/serving)	12 oz
Carbonated beverages (<15 grams sugar/serving)	12 oz
Fruit snacks fortified w/Vit C	2.5 oz
Water, non-carbonated, unflavored	unlimited

NASBE

- **COMPETITIVE FOOD CHOICES AT SCHOOL**

NUTRITIOUS FOOD CHOICES. Nutritious and appealing foods, such as fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school. Schools shall take efforts to encourage students to make nutritious food choices.

Food and beverages sold or served on school grounds or at school-sponsored events shall meet nutritional standards and other guidelines set by the state/district/school health council/nutrition committee. This includes:

- à la carte offerings in the food service program;
- food and beverage choices in vending machines, snack bars, school stores, and concession stands;

NASBE

- food and beverages sold as part of school-sponsored fundraising activities; and
- refreshments served at parties, celebrations, and meetings.
- **FOOD SALES.** The sale of all foods on school grounds shall be under the management of the school food service program, except foods sold as part of a fundraising activity. In middle and high schools, food and beverages shall not be sold from vending machines or school stores during school hours/until 30 minutes after the end of the last lunch period unless they are part of the school food service program. Profits generated from sales of foods or beverages in vending machines or school stores will accrue to the food service program/student organizations approved by whom.

Only student organizations and legally constituted, nonsectarian, nonpartisan organizations approved by whom are permitted to engage in fundraising on school grounds at any time. These organizations are encouraged to raise funds through the sale of items other than food. Foods sold for fundraising purposes shall not be sold while school food service meals are being served. Each organization raising funds by selling foods is limited to one event per month during school hours.

Elementary school students shall not have access to food or beverages sold in vending machines or school stores.

CLOSED CAMPUS. Students are not permitted to leave school grounds during the school day to purchase food or beverages.